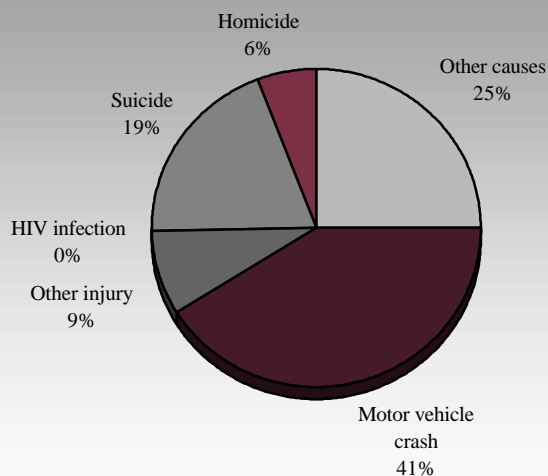


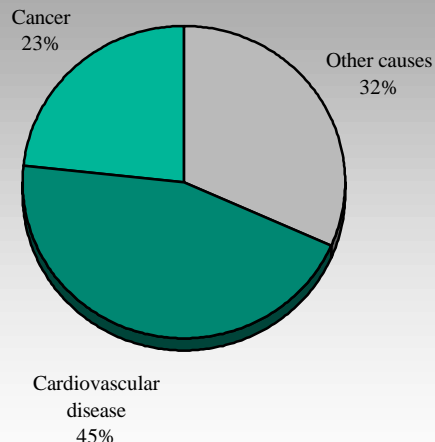
Iowa

These leading causes of death¹ . . .

Youth Ages 10-24



Adults Ages 25 and Older



. . . result from these risk behaviors.²

Unintentional and Intentional Injuries

- 8%** Rarely or never used safety belts
- 40%** Rode with a drinking driver during the past month
- 15%** Carried a weapon during the past month
- 33%** Were in a physical fight during the past year
- 7%** Attempted suicide during the past year

Alcohol and Other Drug Use

- 55%** Drank alcohol during the past month
- 40%** Reported episodic heavy drinking during the past month
- 18%** Used marijuana during the past month
- 7%** Ever used cocaine
- 13%** Ever sniffed or inhaled intoxicating substances

Sexual Behaviors

- 42%** Ever had sexual intercourse
- 12%** Ever had four or more sex partners
- 29%** Had sexual intercourse during the past three months
- 44%** Did not use a condom during last sexual intercourse³
- 77%** Did not use birth control pills during last sexual intercourse³

Tobacco Use

- 70%** Ever smoked cigarettes
- 36%** Smoked cigarettes during the past month
- 19%** Smoked cigarettes on ≥ 20 days during the past month
- 8%** Used smokeless tobacco during the past month
- 17%** Smoked cigars during the past month

Dietary Behaviors

- 13%** At risk for becoming overweight⁴
- 8%** Overweight⁵
- 83%** Ate < 5 servings of fruits and vegetables per day during the past 7 days
- 71%** Drank < 3 glasses of milk per day during the past 7 days

Physical Activity

- 33%** Did not participate in vigorous physical activity⁶
- 73%** Did not participate in moderate physical activity⁷
- 11%** Were not enrolled in physical education class
- 91%** Did not attend physical education class daily
- 28%** Exercised ≤ 20 minutes during an average physical education class⁸

¹ 1997 Mortality data.

² 1999 Youth Risk Behavior Survey. Among high school students only, unweighted data.

³ Among students who had sexual intercourse during the past 3 months.

⁴ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

⁵ Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

⁶ On 3 or more of the past 7 days.

⁷ On 5 or more of the past 7 days.

⁸ Among students enrolled in PE class.